Reader-Supported News for Philipstown and Beacon

The HIGHLANDS Current

A Lifetime of Activism Page 7

July 12, 2019

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The trolley runs on weekends; stops include the Cold Spring bandstand at the waterfront.

Photo by M. Turton

Trolley Struggles to Get on Track

Ridership has steadily declined over the years

By Michael Turton

The Cold Spring trolley clanged its bell for the first time in 2007, shuttling passengers through the village and down to Garrison Landing. Since then it has logged more than 113,00 miles, almost exclusively on weekends, the equivalent of driving around the world more than four times.

But mileage isn't the issue. Ridership is. In its inaugural season, late spring through fall, more than 8,000 people climbed aboard the dark green shuttle. By 2017, it served fewer than 800 passengers.

Nonetheless, Vinny Tamagna, who spearheaded the trolley initiative as a Putnam County legislator and now oversees it as Putnam County's transportation manager, remains positive. "There is something exciting, nostalgic about the trolley," Tamagna recently explained, adding that it is worth the investment, which, he said, costs Putnam County relatively little. The county funds the trolley's operating costs which have varied between $22,000 and $55,000 annually.

Putnam County also paid $25,000 toward the purchase of two trolleys in 2007. The bulk of the $250,00 cost was picked up by Federal Transportation Administration (FTA) which contributed $200,000 while New York state kicked in $25,000.

Tamagna is pinning hopes for improved ridership on increased involvement by the Cold Spring Area Chamber of Commerce and new routes that take in more cultural sites. Five weekend routes now link several local galleries and institutions, such as the Putnam History Museum, Boscobel, and Dia in Beacon, and include stops at Route 9D trail-

(Continued on Page 6)

The Cold Spring-Philipstown Independence Day festivities brought costumed patriots and bicyclists to Main Street on July 7. See Pages 13 and 16 for more photos.

Photos by Ross Corsair

Beacon to Decide Monday on Proposed Verizon Wireless Structure

Company seeks special permit for small-cell wireless

By Jeff Simms

After months of discussion, and as a neighboring municipality considers settling its own lawsuit with Verizon Wireless, the Beacon City Council is slated to decide on Monday (July 15) whether to allow the telecommunications company to install a 50-foot utility pole on private property on Howland Avenue, a few blocks from Mount Beacon Park.

According to its application, Verizon would mount a 48-inch-high antenna or "small-cell wireless facility" at the top of the pole. The antenna would boost wireless coverage on Beacon's east side and could be the first of many in the city, company officials say, as Verizon seeks to replace an aging, low-band tower atop Mount Beacon.

That's one perspective. Another, which several residents and City Council members

(Continued on Page 3)

Proposed Cell Tower Lawsuit Settlement Draws More Attacks

Neighbors of Vineyard Road tower favor balloon test, possible trial

By Liz Schevtchuk Armstrong

Confronting fresh outcries from residents and questions about communication between lawyers, the Philipstown Town Board last week postponed a decision on settling the 17-month-old lawsuit over the town's rejection of a cell tower along Vineyard Road.

At a July 3 workshop, the board delayed action on the proposed agreement with Homeland Towers LLC and Verizon Wireless and anticipates further discussion — perhaps next week — with neighbors of the proposed project and their lawyer, Andrew Campanelli; and the town's attorney, Adam Rodriguez, who missed the July 3 session because his wife had a baby that day.

The companies sued Philipstown in

(Continued on Page 5)

5Q FIVE QUESTIONS: TYLER DICEMBRINO

By Michael Turton

Last year, 18-year-old Carmel resident Tyler Dicembrino realized there is no memorial honoring Putnam County residents who served in the Civil War. A history buff who has studied the war since age 13, he raised $780 to cover the cost of a monument to be dedicated this Sunday (July 14), at 11 a.m., at Putnam County Veterans Memorial Park. Dicembrino collects Civil War memorabilia, is a re-enactor, and has visited countless battlefields across several states. He will speak at Sunday's ceremony.

Tyler Dicembrino

When did Civil War history capture your attention?

I first became interested in history, especially the Revolutionary War period, when I was about 11 years old, prompted by movies such as *The Patriot*. From there I expanded my interests — reading, looking things up, learning on my own. I watched other classic movies such as *Glory*. By the time I was 13, I was fully into the Civil War as a topic. When I saw videos and photos of re-enactments I thought that was the coolest thing and really wanted to make the Civil War my new hobby.

How will the monument honor Civil War veterans?

I found listings of every soldier who fought in the Civil War, in our local archives. We originally planned to have them all on the monument, noting killed in action, wounded, missing in action, but there are too many to list, almost 1,600. Instead, the plaque will indicate how many served from each of the six towns in Putnam County Philipstown, 480; Carmel, 369; Southeast, 288; Putnam Valley 173; Paterson, 161; and Kent, 118.

What local Civil War veteran's story stands out?

One I find extremely interesting is the Putnam County recruiter, Lt. Gerard C. Brown, a member of Company G, 38th New York Artillery, who recruited here for the 18th New York Militia. He went door to door. People were very uninformed; there were no phones or any kind of real communication. Some people were actually shocked to learn there was a war going on. In today's social media world, everybody knows the second something happens. Back then, it could take months or even a year before someone figured out what was going on.

How extensive is your memorabilia collection?

I started collecting when I was 13 and now have about 50 pieces. My favorite is a Spencer repeating rifle made by Burnside Manufacturing. Only a small quantity was produced; I have one of the originals that was never used in combat. I also have a copy of Gen. George McClellan's post-war report, circa 1868, that was sent to Congress with his take on the war. It was an awesome find, an original copy given to a U.S. senator at the time and later sold at a New York auction. I also have swords and original canteens; replicas include my uniform pieces for re-enacting and identification badges.

Might this hobby lead to a career?

In the fall I'm going to George Mason University in Fairfax, Virginia, as a history major. I want to obtain my doctorate, focusing on the Civil War. I'd love to become a history professor specializing in studies of that era, to help preserve the history of our great country.

ON THE SPOT

By Michael Turton

Why do you have tattoos?

"Honestly, I feel they've always been there and just needed to be uncovered."

~ Sara Boan, Peekskill

"I thought my first would be my only, but it was so much fun I decided to become a tattoo artist."

~ Charlie Montleon, Beacon

"I've always liked the way they look; all of mine have personal meaning, memories."

~ Rebecca Darman, Cold Spring

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Vying for Views: Beacon Waterfront Condo Project Moves Toward Approval

Four-story Main Street project advances as well

By Jeff Simms

The Beacon Planning Board could vote next month to approve a scaled-back project to build six condos in the half-acre "Welcome to Beacon" site across from the Metro-North station.

First proposed more than a year ago, the development, called Ferry Landing at Beacon, has shrunk from its original plans, which called for four-story condos. The proposal now is for two-story brick buildings with a third-story recessed from the edge of the building.

The condos would be about 14 feet shorter than originally proposed.

But the residents who spoke during a public hearing at the July 9 Planning Board meeting — many of whom live in the neighborhood uphill and behind the project site — said the buildings could still obstruct views of the Hudson River and decrease their property values.

"This is a very historic area," said Laura Bono, a Bayview Avenue resident. "It's one of the few areas left where the public can actually go and see [the river]. We need to slow down the building and stop inhibiting the natural beauty of Beacon."

Residents in surrounding neighborhoods fear Ferry Landing will block views like this one of the Hudson River. *Photo by J. Simms*

The project has been through numerous public hearings over the last year, with the majority of the feedback negative. But board Chairperson John Gunn reminded the audience on Tuesday that the Planning Board can't vote down a project simply because it's unpopular.

The Ferry Landing site sits within the waterfront-to-Main Street Linkage District, which is zoned for higher-density residential development.

"The Planning Board doesn't have the authority to disallow an application," Gunn said. "We have to review it based on the zoning laws."

With all of its public hearings closed, the board is set to vote on final site plan approval next month.

The board could also grant a request next month for a special-use permit to add a partial fourth floor to a proposal approved a year ago to build eight apartments at 208 Main St., the former site of the Pleasant Ridge pizzeria.

The already-approved plans call for retail on the ground floor with apartments split between the second and third stories. The amendment, if approved, would add a ninth apartment on the fourth floor, which project officials said on Tuesday would also include a rooftop garden.

Because the request is for a fourth floor on Main Street, the Planning Board must issue a special-use permit that says the project won't negatively impact shadows, parking, traffic, or protected public views, and that it will be compatible with adjacent development.

Shelita Birchett, who lives a block from the site, on Digger Phelps Court, said during Tuesday's public hearing that a fourth floor would cast shadows on her neighborhood and block its view of Mount Beacon. "We have had views of the mountain until the two big high-rises have come on Main St., so now our views are three-quarters cut off. With the new fourth floor [at 208 Main], our view would be completely obstructed and all we would see is the building across the street."

The board is expected to vote on the amendment at its August meeting.

Verizon Proposal *(from Page 1)*

have suggested, is that approving Verizon's request could open the floodgates for telecommunications companies eager to build unsightly wireless facilities all over Beacon.

The council recently adopted a small-cell-specific law while also revising an older telecommunications measure. Both provide guidance regarding the location and upkeep of wireless equipment, and on Monday the council can consider only those and a few other factors in deciding whether to issue Verizon a special-use permit for the Howland site.

Under federal law, municipalities cannot cite health concerns when regulating wireless placement. In addition, Beacon's zoning code only allows the council to deny a special-use permit if the size, nature or intensity of a proposal disrupts the district in which it is located, or if the proposal would not provide adequate parking.

In Putnam County, Homeland Towers and Verizon last year sued Philipstown and Nelsonville after both municipalities denied applications for 100-plus-foot cell towers. In Philipstown, a tower was proposed for a hillside along Vineyard Road, off Route 9. The Nelsonville tower was planned for a property overlooking the Cold Spring Cemetery.

The Philipstown Town Board is considering whether to accept a draft agreement to end the lawsuit against the town.

In Beacon, Verizon applied in November 2018 to build what was first envisioned as a 52-foot utility pole at the Howland Avenue site. (The company has since reduced the proposal by two feet.) On Monday, July 8, company officials offered more details on their present and future plans.

The Howland site, if approved, would be the first of "six to eight" facilities Verizon is planning to replace the Mount Beacon tower, which "outlived its usefulness 10 years ago," Michael Crosby, a company representative, told the City Council. Calling it "one of the most notorious mountaintop sites in all of upstate New York," Crosby said that Mount Beacon has been overburdened for years and "causes more harm than good" because it interferes with wireless service as much as it provides it.

The tower will eventually be replaced by a series of higher-frequency small-cell units along with larger, "macro" facilities, Crosby said, noting that city officials are "aware of all but maybe a couple" of those future sites. When asked for specifics, Crosby said he "wouldn't want to be held to just six or eight" sites in case there are more down the line.

Michael Musso, a city consultant, confirmed that the Howland Avenue facility, if installed, would not provide coverage for all of Beacon, calling it a "small in-fill" site that would broadcast wireless signals "at much lower power" than the one on Mount Beacon.

Verizon previously applied to place two other small-cell wireless facilities on Beacon's west side. Those applications would have been reviewed by the Planning Board, but they have been paused while the company concentrates on Howland Avenue, which falls under the City Council's jurisdiction because of the size of the proposal.

In addition to those locations, Verizon submitted a map to city officials showing future development sites that appear to be near Rombout Middle School, South Avenue Park and the intersection of Main Street and North Brett Street.

The Howland small-cell facility would be subject to annual safety certification by the Federal Communications Commission, and Verizon would have to re-apply to the city before it could upgrade its antenna to broadcast at a higher frequency, such as 5G.

The HIGHLANDS Current

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PUBLISHER
Highlands Current Inc.
161 Main St.
Cold Spring NY 10516-2818
291 Main St., Beacon NY 12508

FOUNDER
Gordon Stewart (1939 - 2014)

MANAGING EDITOR
Chip Rowe
editor@highlandscurrent.org

ARTS/FEATURE EDITOR
Alison Rooney
arts@highlandscurrent.org

SENIOR CORRESPONDENT
Michael Turton

REPORTERS
Liz Schevtchuk Armstrong
Brian PJ Cronin • Joe Dizney
Pamela Doan • Deb Lucke
Skip Pearlman • Jeff Simms

LAYOUT DESIGNER
Pierce Strudler

ADVERTISING DIRECTOR
Michele Gedney
For information on advertising:
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highlandscurrent.org/ads

Institute for Nonprofit News

THE HIGHLANDS CURRENT
(USPS # pending)

July 12, 2019
Volume 8, Issue 28 (2475-3785)

is published weekly by Highlands Current Inc., 161 Main St., Cold Spring, NY 10516-2818. Application to Mail at Periodicals Prices Pending at Cold Spring, NY. POSTMASTER: Send address changes to The Highlands Current, 161 Main St., Cold Spring, NY 10516-2818.
Mail delivery $30 per year.
highlandscurrent.org/delivery
delivery@highlandscurrent.org

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CIRCULATION VERIFICATION COUNCIL

Keeping secrets

I find it rather disturbing that the Putnam County Legislature has passed a "secrecy law" ("Putnam Passes Secrecy Law," July 5), as if those people were actually discussing matters of national security, instead of representing the folks who live in Putnam County and have happened to elect these bozos to do our business.

The Russian playbook to dismantle each and every component of our government has arrived way too soon to our backwoods area, which suggests that the Republican playbook has been passed on quite thoroughly and is in an advanced stage of killing whatever democracy we once were proud of.

Do these legislators think we are that stupid that we cannot see what they are up to? Should not all their deliberations and conversations be available to the general public, or are we in a shut-down form of governmental rule? It is time for folks to wake up, or otherwise we can forget the supposed freedoms that once were the foundation of our nation.

Dr. Phil Bayer, *Carmel*

As Legislator Neal Sullivan commented, this law has been a long time in coming. Indeed, it has under various guises as legislators requested financials expended for Tilly Foster and the Putnam Golf Course and were stonewalled; as legislators and the public during the Butterfield episode attempted to obtain documents and couldn't; as executive sessions were called under dubious circumstances. And even previous to this there was the attempt by the county executive to enact IT monitoring. This law is not only suspicious but dangerous and should be litigated.

Ann Fanizzi, *Southeast*

Tell us what you think

The Current welcomes letters to the editor on its coverage and local issues. Submissions are selected by the editor to provide a variety of opinions and voices, and all are subject to editing for accuracy, clarity and length. We ask that writers remain civil and avoid personal attacks. Letters may be emailed to editor@highlandscurrent.org or mailed to Editor, The Highlands Current, 161 Main St., Cold Spring, NY 10516. The writer's full name, village or city, and email or phone number must be included, but only the name and village or city will be published.

In a completely backward process, the county charter only requires public comment after the legislature has voted — see Section 3.04-B (Executive action on local laws). Here's the notice:

"Public Hearing for the Local Law to amend the Putnam County Code Entitled Ethics, Code of, and Financial Disclosure to Prohibit the Disclosure of Confidential Material is scheduled for July 24th at 3:30 p.m. & again at 6:30 p.m. in the county executive's conference room."

That's on the third floor of the county office building, 40 Gleneida Ave., for those who don't know — apparently that bit of information didn't seem worth sharing. When the Putnam County executive holds a public hearing, she does it in the conference room of her office, not in a public meeting room, and at times inconvenient for most folks to attend. It is unclear whether Odell will make a presentation at the listed times, or just sit at the table and see if anyone shows up. No end time for these "office hours" is provided. Shocking, I know.

Please either attend or submit written comments to MaryEllen Odell (MaryEllen.Odell@putnamcountyny.gov) in advance of 7/24. I think it would be great for the folks who raised excellent questions to ask them of the executive directly.

Kathleen E. Foley, *Cold Spring*

Putnam already has out-of-control secrecy ("Putnam Passes Secrecy Law," July 5). If anything it needs transparency. This county gets away with secrecy that no other county can. It needs to stop! I am a resident of Putnam and strongly oppose this law! It will further enhance hiding corruption — which in my opinion is its sole purpose!

Concetta Hussey

Legislators may like this idea, but in New York, it's against the law: https://www.dos.ny.gov/coog/openmeetlaw.html

The relevant part states that: "It is essential to the maintenance of a democratic society that the public business be performed in an open and public manner and that the citizens of this state be fully aware of and able to observe the performance of public officials and attend and listen to the deliberations and decisions that go into the making of public policy. The people must be able to remain informed if they are to retain control over those who are their public servants."

As for "confidential" stuff, the Open Meetings Law doesn't apply to political committees or courtrooms. It DOES apply to ALL meetings of a public service commission and a zoning board.

Crucially, the Open Meetings Law allows nondisclosure of documents or proceedings which MUST be kept confidential by STATE or FEDERAL law. A dinky little local government has no — ZERO — authority to decide what's confidential that can't be disclosed. This kind of sneaky activity by politicians belongs in Moscow. These Putnam politicians should move to Russia. They don't belong here.

Catherine Teevan

Something must have happened to stampede seven of eight Putman legislators into voting for a proposal that seems likely to be reversed by the courts. Did someone release "medical records, law enforcement information ... credit histories, Social Security numbers, staff email addresses ... pistol license applications [or] tax records" that the article cites as reasons for the new rules? I'm guessing, instead, that someone leaked something that embarrassed or inconve-

(Continued on Page 5)

LETTERS AND COMMENTS

(Continued from Page 4)

nienced one of the elected officials, and this is an elaborate attempt to keep it from happening again. A well-drafted FOIL [Freedom of Information Law] request might get to the bottom of it!

Rob Abbot

So much for transparency. This county's government is a joke.

Kendra Parker, *via Facebook*

Good article. Bad legislature.

David Limburg, *via Facebook*

What are they planning to hide?

Nick Poholchuk, *via Facebook*

Big surprise.

Jeannine Wender, *via Facebook*

Beacon geese

I just don't understand why the Beacon council has an issue with eliminating geese at Seeger Park "Beacon Geese Get Reprieve — For Now," July 5, 2019). They are filthy birds that crap all over the park where kids play and people walk. Here was a way to remedy the problem for free, plus feed people who are hungry. It would be a win-win. The council should immediately reconsider helping clean up the park by getting rid of these dirty birds.

Charles Symon

Live and let live. Hurray for the geese.

Ginny Buechele, *via Facebook*

They have been here longer.

Vickie Raabin, *via Facebook*

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Lawsuit *(from Page 1)*

February 2018 in U.S. District Court for Southern New York after the Zoning Board of Appeals (ZBA) and Conservation Board denied permits for construction of a 140-to-180-foot cell tower on a Vineyard Road property near the intersection of Routes 9 and 301. The ZBA cited a lack of need for the tower and found it conflicted with town zoning code and threatened Philipstown's scenic and rural character as well as property values. In suing, the companies alleged the town violated federal law.

At a routine ZBA meeting on Monday (July 8), Chairperson Robert Dee recalled that his board had "held seven months of public meetings" before rejecting the tower in January 2018. "We listened to countless hours of testimony from attorneys, experts, residents. There were five balloon tests [and] thousands of pages of documents. Then we came to a decision, which I believe is the correct one."

After the lawsuit was filed, the Town Board and Homeland Towers-Verizon negotiated a settlement — which would have kept the case out of court — with a vote to approve the settlement initially scheduled for June 26. When opposition arose that night, the board postponed action.

Shortly before the July 3 follow-up session, the town released revised settlement text, which, according to Supervisor Richard Shea, reflects residents' suggestions. Nonetheless, on July 3 some residents again objected to the terms and asked for a new balloon test after trees shed their leaves later this year. (Balloon tests project the height of a tower.)

> **"In my opinion, this is the best settlement we can get."**
> - Richard Shea

Campanelli also asserted that he had expected Rodriguez to call him to confer on the settlement, but "I didn't get one phone call." Conversely, board members recalled comments from Rodriguez about not being able to reach Campanelli. With the July Fourth holiday looming, the board again scrapped its anticipated vote.

But Shea warned of judicial pressure to resolve the dispute. "When the judge tells you, 'go work this out,' " the town "is in a crummy position" and faces risks from not settling, including the possibility of losing a trial, he said. "In my opinion, this is the best settlement we can get."

"My concern is that the judge is for it," Town Board Member John Van Tassel added.

The July 3 settlement provides that:

The tower, disguised to resemble a pine tree, would be 120 feet tall, 60 feet shorter than Homeland Towers-Verizon first planned and 20 feet shorter than a compromise the companies later suggested.

The companies would "forever waive and relinquish any rights ... to raise — or apply to raise — the height."

An 8-foot cedar privacy fence would surround the tower and vegetation would help screen it.

The companies would provide $20,000 to help neighbors landscape their yards but those using it would waive future claims against the tower.

Lights at the tower would be fixed to project downward and use motion detectors and an automatic shut-off.

Emergency services could install three antennas on the tower at no charge.

The cell companies would submit an application for the 120-foot tower within 60 days of the court's acceptance of the settlement.

After receiving the application, the town would issue a building permit within 15 days.

Campanelli and the residents who hired him remained unconvinced. "This matter should be judged on the merits," Campanelli told the Town Board on July 3. "Your job is to enforce the [zoning] code. You should stick to your [2018] decision" in backing the ZBA and Conservation Board denials.

Resident Steve Sterling argued that, as a town, "we don't have anything more to lose by going to court. Reject this settlement. Go to court."

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If you are interested in being appointed to the position, please submit a request with some basic background information to the Village Clerk at 'villageclerk@nelsonvilleny.gov' or to Mayor Michael Bowman at 'mayor@nelsonvilleny.gov'... All RESIDENTS are eligible.

Respectfully,
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Cost per rider:
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Total Fares collected:
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Average fare paid per rider:
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** 2018 operating costs and fares were unavailable. Cost and fares per rider reflect 2007-2017.*
***If the $250,000 trolley purchase price is included, per rider cost 2007 – 2017 is $18.75*

Cold Spring Trolley *(from Page 1)*

heads, train stations and key intersections.

Earlier this year, the Chamber of Commerce formed a Trolley Committee to work with Tamagna and his staff. The fledgling committee designed a logo and incorporated it in a new color brochure with a map and trolley schedule. The Chamber paid the printing costs.

The committee's aim "is to make the trolley easier for everyone to ride," including residents, Chamber President Eliza Starbuck, the co-owner of Flowercup Wine said this month. If the trolley is seen as an inexpensive and convenient form of transportation, "it can … benefit the local economy, environment, and quality of life."

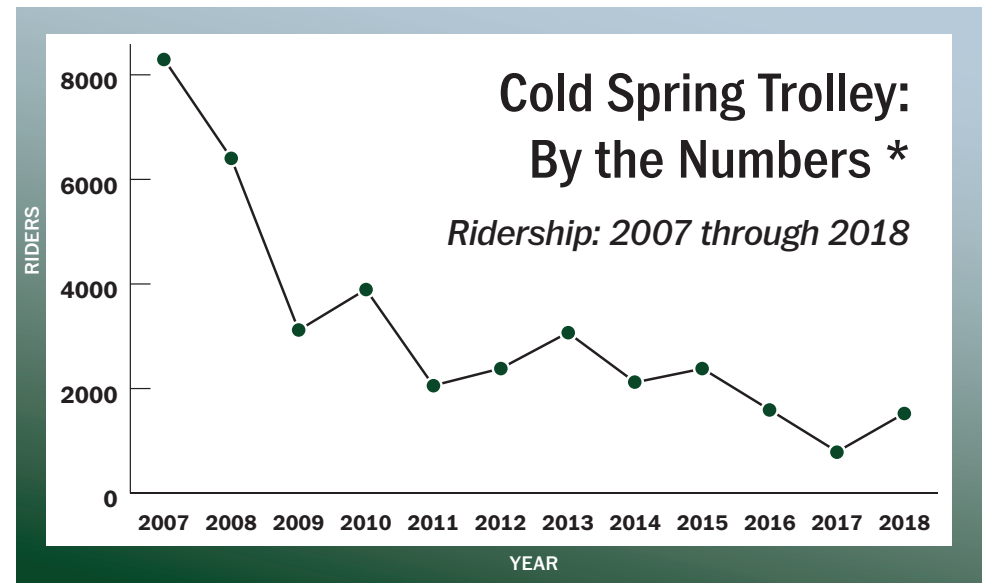
Starbuck said the committee advocates adding information signage at the trolley's main stops as well as inside the vehicle, a move Tamagna is interested in exploring. At present, signage is virtually nonexistent, with the exception of an anti-heroin poster on the rear of the vehicle.

The Chamber also recently surveyed residents on their awareness of the trolley and its uses. Results have not been released yet.

To a degree, FTA rules hamper trolley operations. For example, while it doesn't function as a typical county transit system bus, the trolley must abide by federal regulations geared to that type of transportation network. That's why a second trolley had to be purchased, to ensure that a backup is always available — a questionable stipulation for a special-purpose vehicle such as the trolley.

Federal regulations also prohibit trolley drivers from handling money. As a result, riders must board with exact change. At a trolley committee meeting hosted by Magazzino this spring, the possibility of creating an app enabling riders to pay via smart phone was discussed but has not been developed yet.

Tamagna admits the trolley has not had strong ridership for several years. But the self-described optimist said that "with the involvement of the Chamber and linking sites such as Magazzino, Manitoga and Madam Brett Museum in Beacon, I think it will enjoy a renaissance."



**Source: Putnam County Department of Planning, Development and Public Transportation*

The committee's aim "is to make the trolley easier for everyone to ride," including residents. If the trolley is seen as an inexpensive and convenient form of transportation, "it can … benefit the local economy, environment, and quality of life."

Chamber President Eliza Starbuck

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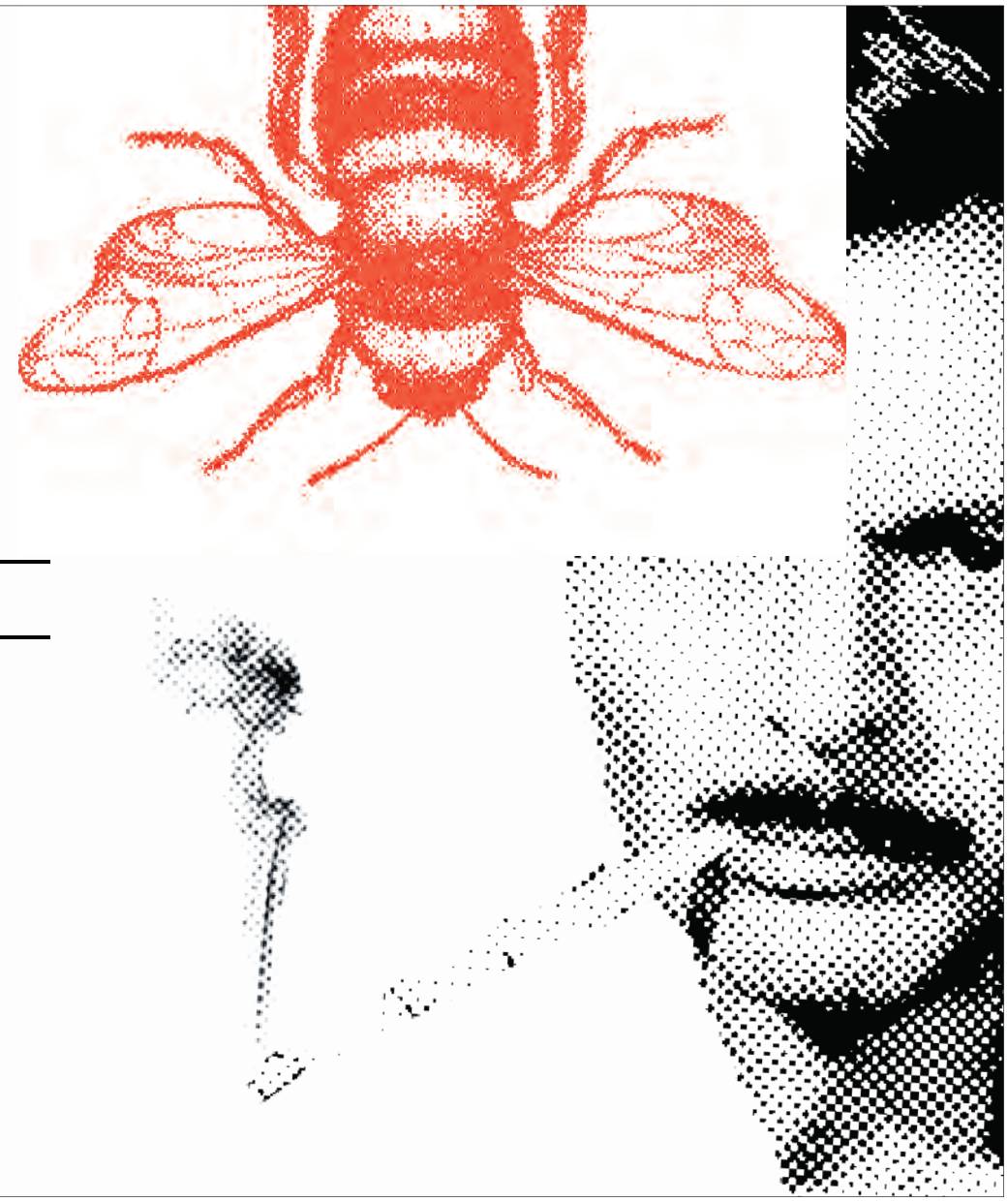
Saturday, July 13, 8pm-10pm
• *The Vice of Hope (Il vizio della speranza)*, 2018

Sunday, July 14, 8pm-10pm
• *Divorce Italian Style (Divorzio all'italiana)*, 1961

Tickets available on magazzino.eventbrite.com
All proceeds from ticket purchases will be donated to RxArt. www.rxart.net



The Calendar

The Crafty Hammer Opens in Beacon

Turning wood into 'something beautiful'

By Alison Rooney

"I've been doing DIY my whole life. I never did home economics in high school — I did wood shop." ~ Joely Zarra

Now Zarra is putting that background to good use, at The Crafty Hammer, a new do-it-yourself (DIY) home decor store she and her husband recently opened in Beacon on South Chestnut Street, off of Main. The wood shop, as Zarra calls it, will probably be used for 75 percent workshops and 25 percent sales of already-made products and custom designs.

In the beginning, Crafty Hammer will focus on workshops offered several times a week. The large front room, formerly a yoga studio, contains six large, wooden (of course) worktables. Either online or in the store, customers choose the wood and the design to work with. Then they pick a date to begin; currently, wood shop sessions take place on Friday and Saturday nights, though Zarra plans to add afternoons as well as Tuesday evenings.

"We start with raw wood, then teach you how to distress it, which we do with mallets and other tools. We'll even provide ear plugs if you like. Then we sand the corners and the blemishes. You pick your water-based stain, apply your stencil, and pick your paint colors. There's help at every table. You go home with something beautiful," Zarra explains.

There's also a party room for kids ages 2 to 6, who, with supervision and instruction, will do actual wood projects, using their choice of designs (think unicorns, for example, Zarra says) and paint the background. They don't do the staining process themselves. Eventually, Zarra hopes to have daytime drop-in parent/child sessions as well as workshops for children, something she's offered through the Beacon Recreation Department previously. She has also hosted Mommy and Me classes for the past two summers in her backyard. "I brought out big tents, we had a water supply, and kids loved it."

Joely Zarra welcomes customers to The Crafty Hammer, where wooden blocks celebrate Beacon and colorful paints can help spark creativity. *Photos by A. Rooney*

The Zarras are definitely handy. "We've built everything: solar fencing … a play area loft above my daughter's bed. I realized,

(Continued on Page 11)

Social Activist Reflects on Decades of Advocacy

Connie Hogarth, in her home office, tells the tale of an activist life. *Photo by A. Rooney*

From anti-apartheid to inspiring Generation Z

By Alison Rooney

Highlands resident Connie Hogarth has been a social activist longer than most people have been alive.

In her 92 years, she has worked to ban the nuclear bomb, stop the Vietnam War, end racism, abolish the death penalty, impeach a president (Nixon), end apartheid in South Africa, close Indian Point, create a Palestinian state, defend the Bill of Rights and slow global warming as a founding member — 15 years ago — of the Climate Crisis Coalition.

A longtime Democratic organizer who guided Jesse Jackson through two presidential runs and helped revive the Southern Dutchess NAACP, she co-founded and served for 23 years as director of the Westchester People's Action Coalition until her retirement in 1996 at age 69. In that time, she was arrested at protests about 20 times, both in New York state and Washington, D.C.

Soon after her retirement, Manhattanville College in Purchase established the Connie Hogarth Center for Social Action. Her second husband, Art Kamell, died in 2010.

The Current sat down recently with her to discuss social activism. Her responses have been edited for clarity and brevity. Hogarth's home, between Beacon and Philipstown, faces Storm King and though, she says, she may no longer be able to turn up at every protest or organizing meeting, her phone is always ringing and there's more work to be done.

What was your first experience with activism?

I was 7. My father was a film projectionist and his union was picketing. My mother sat in the car with my younger brother while I walked the line. That early experience of walking the picket lines of a strong union made a real impression. There was always union talk at dinner. The whole concept of unionism was so deeply imbued that it has stayed there for my whole life.

(Continued on Page 10)

THE WEEK AHEAD

Edited by Pamela Doan (calendar@highlandscurrent.org)
For a complete listing of events, see highlandscurrent.org/calendar.

COMMUNITY

FRI 12
Lights for Liberty: A Vigil to End Human Detention Camps
BEACON
7–9 p.m. Polhill Park

As part of a national and international movement, local residents will hold a vigil to protest treatment of immigrants coming across the U.S. border.

SAT 13
Hudson Valley Hot Air Balloon Festival
RHINEBECK
6550 Springbook Ave.
dcrcoc.org/balloonfestschedule

Take to the sky in a hot air balloon, helicopter or tethered balloon during this annual festival that includes music, entertainment, carnival games and food and drink. Also SUN 14. *Cost: $10*

SAT 13
Invasives Strike Force
PEEKSKILL
9:30 a.m. Granite Mountain Preserve
497 Peekskill Hollow Road
201-512-9348 | bit.ly/invasives-strike

Join the New York-New Jersey Trail Conference as it removes plants along trails. No experience necessary. Bring leather work gloves, plenty of water and a lunch to eat on the trails. Tools provided. Meeting place and details provided at registration.

SAT 13
Postcard, Book and Ephemera Show and Sale
BEACON
11 a.m.–4 p.m. Memorial Hall
413 Main St. | 845-831-0514
beaconhistorical.org

Browse through thousands of postcards that depict scenes from Beacon, Philipstown and beyond. *Cost: $3*

SAT 13
Toy Pizza Con 2019
COLD SPRING
11 a.m.–5 p.m. St. Mary's Hall
1 Chestnut St. | linktr.ee/toypizza

Browse vintage action figures, Japanese imports, toys and comics. Pizza provided while it lasts. *Free*

SAT 13
Food and Farm Day
PHILIPSTOWN
Noon–4 p.m. Glynwood | 362 Glynwood Road
845-265-3338 | glynwood.org

Enjoy local food, take a tour of the farm, meet the animals, and learn about Hudson Valley farming. Tall County will provide live music. Registration required. *Free*

Perfectly Puzzled, July 13

SAT 13
Putnam History Museum Lawn Party
PHILIPSTOWN
5–7 p.m. Carr-White Home
20 Luzmira Lane | 845-265-4010
putnamhistorymuseum.org

This "summer fete for suffragettes" will celebrate the centennial of the 19th Amendment, which gave women the right to vote. Enjoy canapes and cocktails; summer whites suggested. *Cost: $90*

SUN 14
Civil War Monument Unveiling
CARMEL
11 a.m. Veterans Memorial Park
201 Gipsy Trail Road

The memorial will honor the nearly 1,600 Putnam County residents who served from 1861 to 1865. A color guard and re-enactors will be part of the ceremony.

SUN 14
Fundraiser for Immigrant Families Together
BEACON
3–5 p.m. 2 Way Brewing
18 West Main St. | Facebook.com/events

Raise a glass at this family friendly event to benefit a volunteer-led effort at the southern border to support immigrant parents and children who have been separated. Half of beer and cider sales as well as proceeds from a silent auction and raffle will be donated.

WED 17
Forum for Seniors
CORTLANDT MANOR
9 a.m.–Noon Cortlandt Town Hall
1 Heady St. | 914-941-1111
galefs@nyassembly.gov

This forum will feature a performance from the Hudson Valley Shakespeare Festival company and a guided session of "chair yoga"; speakers who will discuss issues such as unclaimed funds, immunology health in aging, the 100th anniversary of the women's suffrage movement, protection from scams directed at seniors; and more. *Free*

FRI 19
Putnam Kennel Club Dog Show
CARMEL
8:30 a.m.–4:30 p.m.
Veterans Memorial Park
225 Gipsy Trail Road
putnamkennelclub.com

Watch different breeds compete and perform. *Cost: $5 per car*

TALKS & TOURS

SAT 13
Walking History Tour
COLD SPRING
10 a.m. Butterfield Library
10 Morris Ave. | 845-265-3040
butterfieldlibrary.org

Learn about the history of the village in a tour that ends at the waterfront. *Free*

SAT 13
Viewspots to the Hudson
GARRISON
10 a.m. Manitoga | 584 Route 9D
845-424-3812 | visitmanitoga.org

Take a 90-minute, 1.5-mile moderate hike through Manitoga's woodland trails, featuring four osio ("beautiful views" in native Algonquin) created by Russel Wright to frame the river. *Cost: $5*

SAT 13
The Great Depression in Putnam County
PUTNAM VALLEY
10 a.m. Putnam Valley Library
30 Oscawana Lake Road
845-528-3242 | putnamvalleylibrary.org

Sarah Johnson, former director of the Putnam History Museum, will speak on how residents fared in 1930 and the programs that relieved their hardships. *Cost: $5*

MON 15
Live Webcast – Re-creation of the Apollo 11 Voyage
GARRISON
4 p.m. Desmond-Fish Library
472 Route 403 | 845-424-3020
desmondfishlibrary.org

Watch NASA's webcast on the big screen in a re-creation of the first journey to the moon on the 50th anniversary of the landing.

WED 17
The Space Race: 1957-1975
BEACON
1 p.m. Howland Public Library
313 Main St. | 845-831-1134
beaconlibrary.org

Kevin Woyce presents historic material in his talk about the visionaries, scientists, and astronauts who made the moon landing possible.

SAT 20
Edible Book Club: Big Night
GARRISON
1 p.m. Desmond-Fish Library
472 Route 403 | 845-424-3020
desmondfishlibrary.org

Bring an Italian appetizer or dessert to share and watch *Big Night* together. Check out recipe books by Lidia Bastianich, Mary Ann Esposito or Nick Stellino.

SUN 21
Taste of Summer Walk
PHILIPSTOWN
11 a.m. Glynwood Center for Regional Food and Farming | 362 Glynwood Road
845-265-3338 | glynwood.org

Come see the farm at the peak of the season and learn about Glynwood's work and how it is addressing climate change. *Free*

SECOND SATURDAY

SAT 13
Perfectly Puzzled
BEACON
5–7 p.m. Howland Public Library
313 Main St. | 845-831-1134
beaconlibrary.org

The library will host a reception for an exhibit of artwork by adult participants in the Anderson Center for Autism Expressive Outcomes program.

SAT 13
Scott Lerman: Tree Rings
BEACON
5–9 p.m. Oak Vino Wine Bar
389 Main St. | 845-765-2400
oakvino.com

The exhibit of photographs brings into focus wedges of bark that reveal unique details of growth, weather and experience.

SAT 13
Buff Monster / Jay222 / Mus Musculous
BEACON
6–9 p.m. Clutter Gallery
163 Main St. | 212-255-2505
shop.cluttermagazine.com/gallery

SAT 13
BeaconArts Member Show
BEACON
6–9 p.m. Hudson Beach Glass
162 Main St. | 845-440-0068
hudsonbeachglass.com

Curated by Karlyn Benson and Theresa Gooby, the exhibit will include works by 69 artists in diverse mediums.

SAT 13
Plant Spirit Medicine / Aeromantic
BEACON
6–9 p.m. BAU Gallery | 506 Main St.
845-440-7584 | baugallery.org

Elizabeth Arnold's mixed media will explore similarities with the world of plants, while Samantha Beste's collages use maps and atlas pages to depict climate change.

HEALTH & FITNESS

SAT 13
Infant CPR Class
GARRISON
11 a.m. Desmond-Fish Library
472 Route 403 | 845-424-3020
desmondfishlibrary.org

This 90-minute class will cover the basics. Email beautifulmamas123@gmail.com to register. *Cost: $10*

SUN 14
Introduction to Herbs
BEACON
6 p.m. Wyld Womyn | 378C Main St.
845-440-8300
wyldwomynbeacon.com

Learn about the differences between flower essences, tinctures, decoctions and infusions and understand how to make tea and prepare herbs at home. *Cost: $20 to $35*

SAT 20
16th Annual Great Newburgh to Beacon Hudson River Swim Day
NEWBURGH
8:30 a.m. Newburgh Waterfront
UNICO Park Plaza | riverpool.org

Swim across the Hudson River to raise money to support the River Pool, a volunteer-run, safe place to swim and enjoy the river that was created by Pete Seeger. Pre-registration required. *Cost: $75 registration and $100 minimum donation*

STAGE & SCREEN

SAT 12
Moonlight and Magnolias
WAPPINGERS FALLS
8 p.m. County Players | 2681 W. Main St.
845-298-1491 | countyplayers.org

In this farce by Ron Hutchinson, the year is 1939 and David O. Selznick is making *Gone with the Wind*. With a cast but no script, he locks himself, director Victor Fleming and script doctor Ben Hecht in a room with peanuts, bananas and a typewriter to re-enact the saga of Scarlett and Rhett. Also FRI 19, SAT 20, SUN 21. *Cost: $20 ($15 seniors, children)*

SAT 13
Cinema in Piazza
PHILIPSTOWN
8 p.m. Magazzino Italian Art
2700 Route 9 | 845-666-7202
magazzino.art

This outdoor film festival was organized in collaboration with the Cold Spring Film Society. The Saturday film is *The Vice of Hope (Il vizio della speranza)*, a drama about the crime-ridden community of Castel Volturno, near Naples, and a young woman's crisis of conscience. On SUN 14, in the satirical *Divorce Italian Style (Divorzio all'italiana)*, a bored and near-impoverished man longs to marry his gorgeous teenage cousin but must kill his wife first. *Cost: $7 ($5 student)*

SAT 13
Julius Caesar
BEACON
Bannerman Island
Boats leave dock at 4 & 5 p.m.
bannermancastle.org

The Hudson Valley Shakespeare Festival will bring Shakespeare's tale of betrayal to life as the friends of a charismatic war hero plot against him. *Cost: $65*

SAT 13
The Artichoke
BEACON
8 p.m. Howland Cultural Center
477 Main St. | 845-831-4988
artichoke.bpt.me

Hosted by Drew Prochaska, this series features performers from The Moth and other popular series. The first three installments sold out. *Cost: $17.50 ($20 door)*

SAT 13
The Big Sleep
COLD SPRING
8:30 p.m. Dockside Park
coldspringfilm.org

Humphrey Bogart and Lauren Bacall star in this 1946 Philip Marlowe mystery that will be screened as part of the Cold Spring Film Society's summer series. Bring blankets, chairs and bug spray. *Free*

THURS 18
Heathers The Musical
BEACON
7 p.m. Beacon High School Theater
101 Matteawan Ave.
beaconperformingartscenter.com
Also FRI 19, SAT 20

A dark story of a high school clique gone very wrong is performed by two casts of teens. Due to mature themes, it's recommended for ages 14 and up. *Cost: $12 ($5 for students and seniors)*

FRI 19
Summer Movie: October Sky
BEACON
3 p.m. Howland Public Library
313 Main St. | 845-831-1134
beaconlibrary.org

Starring Jake Gyllenhaal and Laura Dern, the true story of Homer Hickam's pursuit of rocketry as a way to a better life inspires audiences.

FRI 19
Friday Night Film — Lez Bomb
GARRISON
8 p.m. Desmond-Fish Library
472 Route 403 | 845-424-3020
desmondfishlibrary.org

In this comedy, a young woman brings her girlfriend home to meet her parents intending to come out; then her male roommate shows up. The screening will be held outdoors and hotdogs will be served. *Free*

Apollo 11 50th Anniversary Celebration

VISUAL ART

SAT 13
Art, Family and Heritage
PEEKSKILL
5 p.m. Hudson Valley MOCA
1701 Main St. | 914-788-0100
hudsonvalleymoca.org

Entang Wiharso will join Christine Wiharso and MOCA co-founder Livia Straus in a conversation exploring multiculturalism in family life and its effect on artistic practice. *Cost: Free with admission ($5 to $10)*

MUSIC

SAT 13
Beacon Jazz Lab
BEACON
5 p.m. St. Andrew's Church
15 South Ave. | beacon-episcopal.org

Enjoy a mix of blues, bossas, ballads and swing music. Dancers welcome. *Free*

SAT 13
Doansburg Chamber Ensemble
COLD SPRING
7 p.m. St. Mary's Church
1 Chestnut St. | 845-228-4167

The ensemble will open its season with performances by its string trio (violinist David Steinberg, violist Sean Brekke and cellist Kate Dillingham) with flutist Christine Smith. *Cost: $10 ($9 students, seniors)*

SUN 14
Koehler & Kelly
COLD SPRING
1 p.m. Butterfield Library
10 Morris Ave. | 845-265-3040
butterfieldlibrary.org

The duo will combine traditional fiddling with jazz piano. *Free*

SUN 14
Seeds of Man
BEACON
7 p.m. Towne Crier Cafe | 379 Main St.
845-855-1300 | townecrier.com

This tribute to the music of Woody Guthrie will benefit the Huntington's Disease Society of America. *Cost: $15 ($20 door)*

SAT 20
Last Minute Soulmates
BEACON
7 p.m. Howland Cultural Center
477 Main St. | 845-831-4988
howlandculturalcenter.org

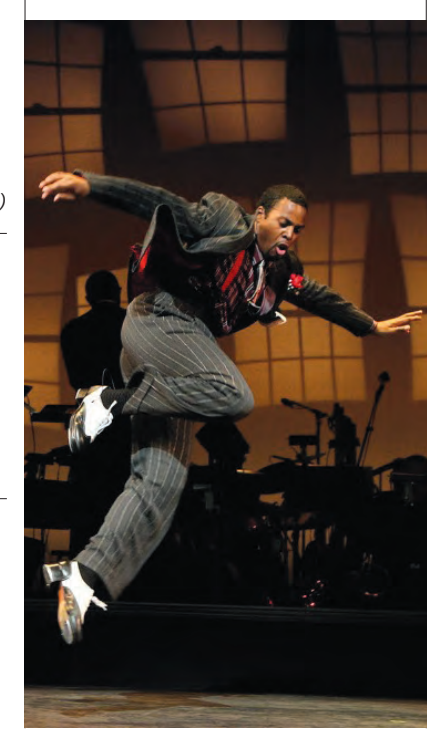
Russell St. George (vocals/guitar), Carla Springer (vocals), Glenn Sacchi (vocals/drums), Francisco Mena (guitar) and Seth Masten (bass) play rock with folk-style storytelling. *Cost: $10 ($15 door)*

SAT 20
Tiny Rhino
BEACON
9 p.m. Dogwood | 47 E. Main St.
facebook.com/DOGWOOD.BEACON

Steve Giordano, Mighty George Schaefer and Mark Westin play rock 'n' roll blues.

SUN 21
Sax and Taps
COLD SPRING
4 p.m. Chapel Restoration
45 Market St. | 845-265-5537
chapelrestoration.org

Erica von Kleist performs on saxophone with DeWitt Fleming Jr., who will tap dance in a rhythmic collaboration of music and movement. *Cost: donations suggested*



SUN 21
The Quebe Sisters
BEACON
8:30 p.m. Towne Crier Cafe
379 Main St. | 845-855-1300
townecrier.com

Grace, Sophia, and Hulda Quebe perform progressive western swing in 3-part harmony with a band. *Cost: $20 ($25 door)*

KIDS & FAMILY

SAT 13
Free Community Day
CORNWALL
Noon–4 p.m. Hudson Highlands Nature Museum | 25 Boulevard
845-534-7781 | hhnm.org

Hike, meet the animals, and listen to storytellers.

THURS 18
Mad Science Space Spectacular
BEACON
2 p.m. Howland Public Library
313 Main St. | 845-831-1134
beaconlibrary.org

This interactive demonstration explores the challenges of space travel in understanding the vastness of the solar system.

THURS 18
Two by Two Zoo
GARRISON
4 p.m. Desmond-Fish Library
472 Route 403 | 845-424-3020
desmondfishlibrary.org

Meet amazing animals and their friends.

THURS 18
Paint and Pizza (Teens)
GARRISON
6–7:30 p.m. Desmond-Fish Library
472 Route 403 | 845-424-3020
desmondfishlibrary.org

Learn to paint a still life with artist Regina Gelfer; for ages 13 to 19.

SAT 20
YOU Picasso — Architectural Adventures
COLD SPRING
10:30–11:30 a.m. Butterfield Library
10 Morris Ave. | 845-265-3040
butterfieldlibrary.org

Children ages 5 to 12 can create building projects.

CIVIC

MON 15
City Council Meeting
BEACON
7 p.m. City Hall | 1 Municipal Plaza
845-838-5011 | cityofbeacon.org

THURS 18
Climate Smart Communities
GARRISON
7:30 p.m. Philipstown Recreation Center
climatesmartphilipstown.org

MON 22
Village Board
NELSONVILLE
7:30 p.m. Village Hall | 258 Main St.
845-265-2500 | nelsonvilleny.gov

Hogarth *(from Page 7)*

Your organizing has ranged from marches with millions to vigils with a handful of participants. Does the small stuff count?

For both Pete [Seeger] and [historian] Howard Zinn, there was the concept that every little thing you do is important. Even if it's five people in a Hiroshima Day peace vigil on Route 9D, you feel the power of doing something. There is a strength that motivates and turns these activities into larger ones. From age 7 to nearly 93, with much in between, at many points you begin to wonder. Yet there's a sense of never giving up. Change is possible, but it's not always within arm's reach.

In the cause of non-violence, I've been arrested more times than I could count. But these are elemental in my life: peace and non-violence. One action moves on to the next. We all have this power. Letting go is not acceptable.

Is it important to strategize for both the short- and long-term?

Closing Indian Point was a major concern of mine, and it's amazing that it will close in my lifetime. There were often just two of us at the [Nuclear Regulatory Commission] hearings; two of us going to D.C. It's been a 40-year struggle. I didn't miss a single NRC meeting. We'd get up and say: 'How can you sleep at night?' People often ask me, 'How could you be involved, not knowing if you would ever see it happen?' You should know that you probably won't succeed right away. You have to take a long-range view [and fight] even if you don't live to see it.

Connie Hogarth's wall features mementoes and photos of her friends and heroes.

Photo by A. Rooney

The power of one's commitment is in how it radiates, or gives strength. You can't opt-out; it's not allowed. When you look ahead, you also have to look at what you have accomplished. Young people may feel negative about President Trump, for example, but also positive because they are feeling conviction.

Look at [Nelson] Mandela: To have come through what he went through [being imprisoned in South Africa for 27 years], with hope, is an extraordinary lesson in what we can learn; it's not based on anger or fear. I never experience burn-out.

What are your current projects?

The [Manhattanville College] center was my "non-retirement." I was down there every week, mentoring students. I've seen my role over the years as motivating young people, being their nest for when things were a struggle — gays, lesbians, women's rights. The center provides a summer internship at political organizations. That's been going on for 10 years and will continue.

The ACLU [American Civil Liberties Union] is a big part of my life. I'm on the board of the Lower Hudson chapter. Every fall, for 18 years, the center and the ACLU have sponsored a lecture on the death penalty or other aspects of criminal justice. That will continue.

Then there's Take 18, a group which meets every month at my dining room table. We've been doing this since before John Hall was elected [to the U.S. House of Representatives in 2006]. Sean Patrick Maloney [who represents the district now] has been here.

How did you wind up living in the Highlands?

I was active in Clearwater and Art and I became good friends with Pete and Toshi Seeger. We decided we must live by the river. I told Toshi we'd be looking in Dutchess and she said: "Oh, it's the boonies, you're too active." I told her, "Well, your husband does pretty well!" Not long after, Toshi called and said there was a sign outside a house that was designed with all natural stones and built by a good friend of Pete, and in fact Pete helped him build it.

We called [Cold Spring real-estate agent] Bob McCaffrey and told him we wanted it. Someone else had a contract on it but tried to get it for less than agreed, and so Bob said: "The house is yours." That was 21 years ago. Bob appeared with two couches as a gift, and there they are — we still use them."

What might surprise people about you?

How important music has been in my life. As well as being a projectionist, my father was an organist/pianist for the silents [films], so I was exposed early. I listened to classical, then folk, in my teens. The power of song, as Pete called it, is huge and was part of my diaspora. Pete would come to my house every few weeks and play. I have a drum collection. My personal great pleasure is chamber music — that's my core, my love.

Being close to the Seegers — both of them — being best friends with them, we shared every holiday, every birthday; they are an essential part of our spiritual lives. I've been reading a book, *Pete Seeger: In His Own Words*. It's snippets, not in sequential order. It's my bedtime story every night; I read 20 minutes or so — it's my conversations with Pete.

What still frustrates you the most?

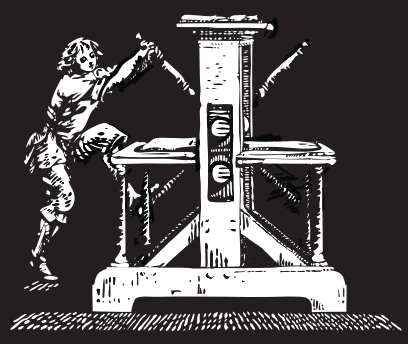
Racism. For all we've accomplished, this country was built on the backs of Native Americans and African-Americans. We have not gotten past it as much as one would have hoped. Knowing the current president can get away with all kinds of racism is disappointing. It's a struggle that is absolutely pivotal to any progress in this country. The Rainbow Coalition [with Jesse Jackson] was probably the most important piece of my activist life. I hope major change will happen because of labor and people of color. I see those two concerns as paramount to making the changes I believe in. But all the activities I was involved in are spokes of the same wheel.

What if the struggle seems too overwhelming?

Remember: The end point is not grim, it's joy. [Radical activist] Emma Goldman said, "If I can't dance, I don't want to be in your revolution." It encompasses the struggle for a happier, better life. If it's grim, what the heck? There's too much that's good. When I think of my heroes — Mandela, Chavez, Gandhi — each one of them typifies a life of hope and of great struggle.

Visit **highlandscurrent.org** *for news updates and latest information.*

HIGHLAND STUDIO



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Crafty Hammer *(from Page 7)*

doing the classes that you can do this for a living. It just evolved," she explains.

She reels off a long list of products which can be made at the wood shop: "Predominantly signs, but also trays, lazy Susans, porch signs with parts you can pull out and rotate ... Advent calendars, chalkboards, stepping stools ... We set it; you design it. We intend to find out what the community wants, then do it." It all makes sense when Zarra relates that the day before she went into labor, she and her husband went to flea markets where "we bought a huge table saw and these great wooden boxes and carted them around!"

Beacon was always their intended location, even with their current Washingtonville commute. "We felt a push to come to Beacon. There's a huge influx of people here, and it's more of an arts community than anything out where we are. We were also able to find great staff, including three amazing high school students we found through the Beacon High School art department," says Zarra, who grew up in the Goshen area. That kind of networking comes easily to her, as she not only has a bachelor's degree in marketing but a master's in school counseling, a field in which she worked for a decade.

"This is a community-based business," Zarra emphasizes. "It's wood — anybody can do it, but we can do it better, and customer service is key. We're in a very cool community, and relationships come first." After spending time in Florida, Zarra met her husband, John, who, in addition to handling the computer and information technology side of things, doubles as a musician (known as Johnny Z.) and is a manager at Alto Music. He triples as the woodcutter, sizer and stacker at the new business. "It's OK — we both have a natural attraction to wood products. Our almost 5-year-old-daughter loves it here, too," says Zarra.

Eventually they'd like to add workshops for bigger projects, such as designing Adirondack chairs. They'd also like to have other artisans conduct workshops, and want to have open shop hours, without the structure of workshops, for those more experienced in woodworking.

For now, though, they're finishing renovations to the space and starting small. Their soft opening at the end of June was mostly spent "educating people on what we do," Zarra says. "We also made Beacon signs. We focused most of the projects on Beacon, because we very specifically wanted to be here."

The Crafty Hammer is located at 4 South Chestnut and can be reached at 845-834-9663 — and, yes, those last four digits spell WOOD. A website is coming soon; social media are up and running.

A large table (left) awaits a wood shop session at The Crafty Hammer, where a sign promotes optimism although the board is "distressed" (upper right), and tools invite use.

Photos by A. Rooney

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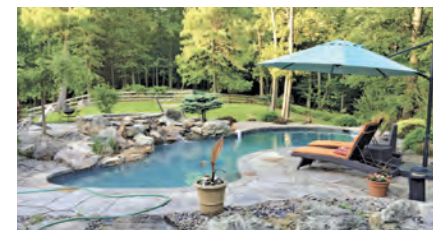

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Out There

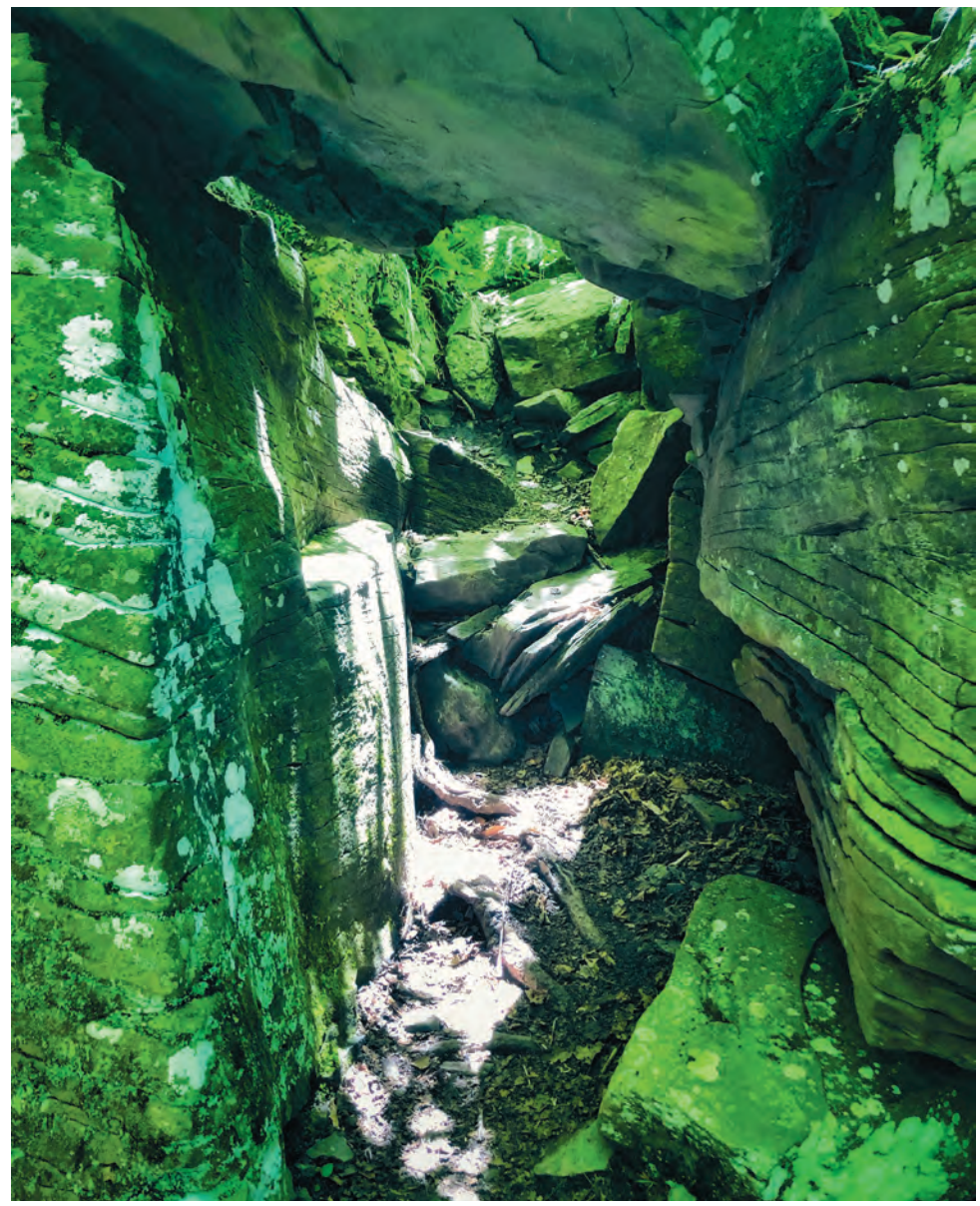
Don't Just Stand There, Bust a Rib

You'll feel better (eventually)

By Brian PJ Cronin

The pain was quick, followed by a deep sense of relief on several levels. The first level was realizing that I had simply bruised a rib, not broken it. I would be able to climb down the mountain without doing something embarrassing like screaming or being airlifted. The deeper sense of relief was realizing that now, finally, I could start taking it easy.

It was early June, and I was hiking a few more of the Catskill High Peaks that one has to summit to qualify for the 3500 Club. I had already hit Sugarloaf and both peaks of Twin Mountain that day using the infamous Devil's Path, a 24-mile trail that crosses several peaks and is usually written up in guidebooks with disclaimers like "only experienced and seasoned hikers should use this trail," or "leave a notarized copy of your will in your car at the trailhead before you start." I had hiked a few sections of it before, and although I don't consider myself especially seasoned, I didn't see what the big deal was. Then I slammed into a rock face with my ribs.



A tight squeeze on the Devil's Path *Photo by B. Cronin*

Turns out some parts of the path are indeed quite devilish, especially if, like me, you're a hiker and a runner but not a rock climber. Those who climb or boulder extensively can no doubt zip up and down those sheer and scrambly sections without a second thought, as muscle memory and instinct take over and the body picks out a clean line before the brain even knows what's going on. I even watched a dog with a hiking pack scurry up one of them. But if you don't climb a lot, then every vertical section seems insurmountable, which usually left me dangling with one foot on an eighth-of-an-inch outcropping and one hand on a scrawny tree root, swinging in the alpine breeze, questioning my recent decisions as well as my overall life choices.

The reason I was hanging there off the rock face by my fingernails is that I was trying to relax. I had just finished a six-week period in which I ran two trail marathons and a 50-mile race in an effort to qualify for next summer's Vermont 100-Miler. The joy at finally qualifying for what will be my first 100-mile race soon faded into uneasiness as I wondered what to do over the next year. Wiser runners advised me to take a few months off in order to recover. There were, they said, ways in which my body was broken that I wasn't even aware of. Start running again in the fall. Do something else. Have fun.

I am bad at fun. Or perhaps it's better to say that my idea of fun has changed drastically over the past few years. Salads, staying hydrated, and getting seven to eight hours of sleep each night are now all things I would describe as fun, and if that sounds ridiculous to you, I can assure you I'm not thrilled about it either.

There are ultrarunners, good ones, who can subsist on a diet consisting primarily of whiskey and chicken wings and average four hours of sleep a night. I would love to know how they do it but I never get a chance to ask them because I can't keep up with them. I don't have an athletic background, and my interest in the sport is a mixture of mental and spiritual reasons, an excuse to be outside, and my damned journalistic curiosity that wants to know what my limits are. I need all the help I can get, so I quickly realized that I was going to have to take a holistic approach to training and take care of my whole body.

The good news is that after months of adequate sleep, plenty of water, and healthy eating to power lots of running, I had never felt better. The bad news is that I had never felt better. Turns out that drinking gallons of coffee instead of water, eating a pizza while you make dinner, and staying up until 2 a.m. reading every night eventually have a detrimental effect on your health and overall sense of well-being, despite the fact that I enjoy all of those things very much. Broccoli makes me happy, even though I hate it. It's a complicated relationship.

So you can see why the idea of having an "off-season" seemed unappealing even if I knew it was for the best. I did not want to go back to the way I was. But then the whole rib thing happened and for a few weeks I didn't have much of a choice, since the only way to heal a bruised rib is to, yes, take it easy.

I'd love to end this by telling you that taking some time off to heal helped give me perspective. That I am more than just a runner. But that's not what happened. I felt cranky and foggy and useless, and kale didn't help much. Turns out I need it all — the water, the sleep, the nutrition, and lots of running — to get to that good place. I can feel it now, as I'm running again, racking up the miles, sweating in this infernal summer heat, feeling everything I don't need or want fall away and my good self, the one I'm always searching for, starts to re-emerge and I feel like celebrating. With pizza.

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Independence Day 2019:
Cold Spring Contest Winners

Left to right: Bike contest winners Wyatt Chadwick, Maceo Guillorn, Ivy Danicich

Photo via Facebook

PIE BAKING

FIRST PLACE
Tara O'Sullivan's apple, raisin, bourbon pie

SECOND PLACE
Penelope Smith's sweet potato peach pie

THIRD PLACE
Matthew Koch's peach blueberry pie

HONORABLE MENTION
Emily Gilleo's peanut butter pie

PET CONTEST

FIRST PLACE
Carol Granese's Kelly
SECOND PLACE
Carol Granese's Chloe
THIRD PLACE
Freddie Geppner's Mouse

PET BRIGADE HONORABLE MENTIONS

Inanimate Pets
Rosa Cappello: Horse
Holly Mentzer: Geese

Real, Live Pets
Liz Armstrong: Hoss the macaw (and his stuffed-toy eagle)
Wyatt Rose Chadwick: Riggan
Nils Walter: Millie

BIKE DECORATING

FIRST PLACE
Maceo Guillorn
SECOND PLACE
Wyatt Chadwick
THIRD PLACE
Ivy Danicich

Pet Contest Winners *Photo provided*

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Baby and Dog

This feature is designed as a counterweight to all the bad news in the world that weighs people down. We could share a photo of a baby, or a photo of a dog, but we are giving you both. How many newspapers can say that? Molly and Connor Freeman of Fort Montgomery shared this shot of her son, Ronan, hanging out with Harper. If you have a photo of a baby and a dog, submit it for consideration to editor@highlandscurrent.org.

Current Classifieds

WANTED

BLOOD DONORS — Friday, Aug. 2, 2-8 p.m. North Highlands F.D., 504 Fishkill Road. Mark your calendar. Bring donor card or other ID. Walk-ins welcome. Feb. 3 goal was 55, we saw 52. May 2 goal was 45, we saw 32. Aug. 2 goal is 56!

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The Highlands Current

7-Day Forecast for the Highlands

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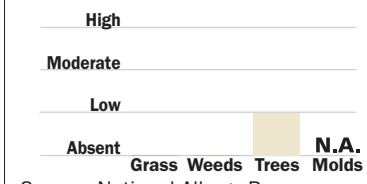
Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
88/67	87/60	86/62	90/70	92/68	94/73	91/75
Sunshine and a few clouds	Mostly sunny and pleasant	Mostly sunny	Times of clouds and sun	Very warm and humid with sunshine	Sunshine and warm; a strong p.m. t-storm possible	Humid with clouds to start, then sunshine returns
POP: 0%	POP: 5%	POP: 5%	POP: 10%	POP: 25%	POP: 30%	POP: 25%
WSW 4-8 mph	NW 6-12 mph	WNW 4-8 mph	WSW 4-8 mph	WSW 6-12 mph	SSE 6-12 mph	W 7-14 mph
RealFeel 96/67	RealFeel 92/59	RealFeel 91/63	RealFeel 96/73	RealFeel 101/70	RealFeel 101/75	RealFeel 99/77

POP: Probability of Precipitation; The patented **AccuWeather.com RealFeel Temperature®** is an exclusive index of the effects of temperature, wind, humidity, sunshine intensity, cloudiness, precipitation, pressure and elevation on the human body. Shown are the highest and lowest values for each day.

Pollen



Source: National Allergy Bureau

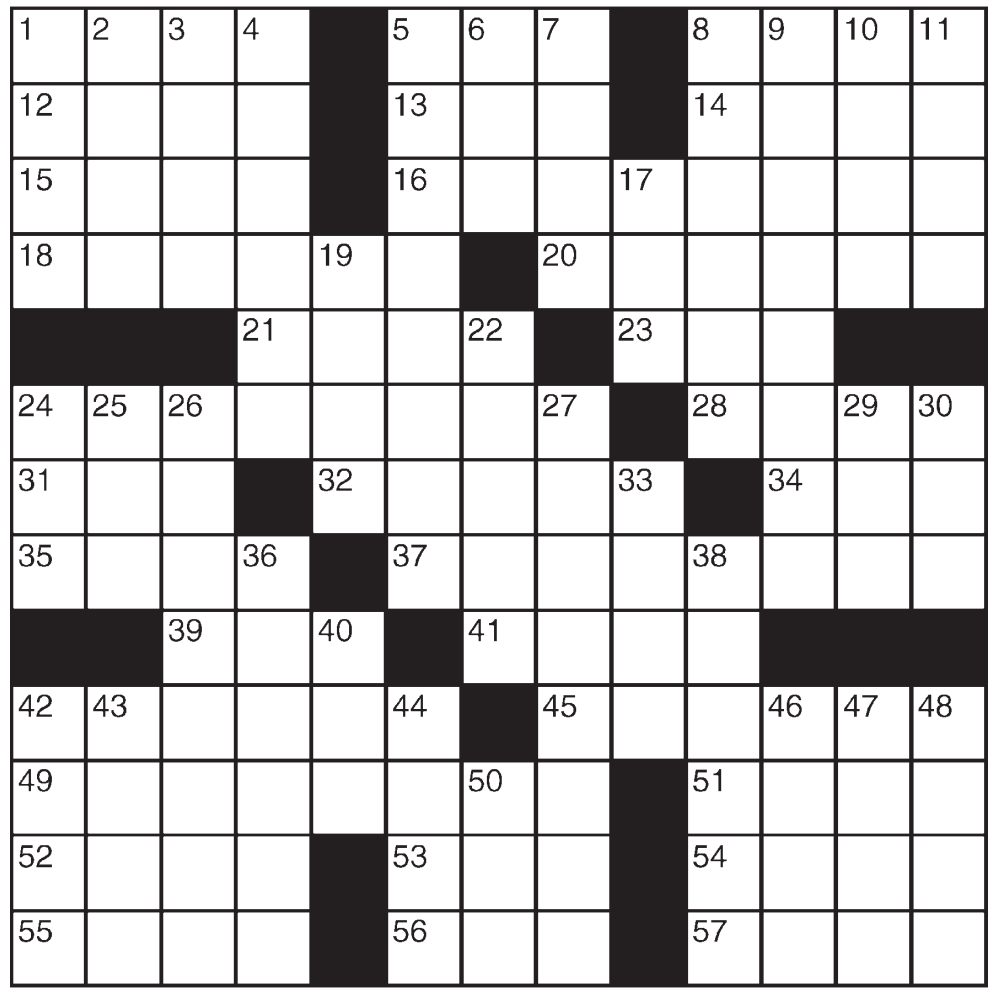
SUN & MOON

Sunrise Sat., 7/13	5:34 AM
Sunset Sat. night, 7/13	8:29 PM
Moonrise Sat., 7/13	5:48 PM
Moonset Sat., 7/13	2:53 AM

Full	Last	New	First
Jul 16	Jul 24	Jul 31	Aug 7

CrossCurrent

By King Features



ACROSS

1. Collections
5. Toward the stern
8. Being, to Brutus
12. Enticement
13. Actress Myrna
14. "Once — a time ..."
15. Operatic solo
16. Harem's housing
18. Hex
20. *Long Day's Journey Into Night* writer
21. Fairy tale villain
23. Explosive letters
24. Three-striper
28. Dueling sword
31. Opposite of "post-"
32. Be philanthropic
34. Corn spike
35. St. Louis landmark
37. Dramatic musical work
39. Chance
41. Sandwich shop
42. Alexandrian peninsula
45. Maximally
49. Repaired
51. Hee-haw
52. Wise one
53. Past
54. Slender
55. Low card
56. Neither mate
57. Otherwise

DOWN

1. Pole or Czech
2. Continental coin
3. Small combo
4. Sailing veteran
5. Losers
6. Enemy
7. Novice
8. First name of 20-Across
9. Green type of soup
10. Earth
11. Carbon compound
17. Pismire
19. Curved molding
22. Finished
24. Hot tub
25. Blunder
26. Tend a dead battery
27. Bullfight VIP
29. Chow down
30. Historical period
33. Whip mark
36. Invisible rabbit of stage and screen
38. Spry, like Jack
40. Luau bowlful
42. "Hey, you!"
43. Listen to
44. Read bar codes
46. Verbal
47. Without (Fr.)
48. Youngster
50. Id counterpart

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SudoCurrent

	9					4		
		7			8	2	3	
	5	4				8		
1	7		9	6	3			8
				8	5	3		
							1	6
	6	9		2		1		5
	8					7	2	
3		1	8				9	

Answers for July 5 Puzzles

■	H	Y	P	E	D	■	T	W	O	W	A	Y
P	I	E	R	R	E	■	A	R	E	O	L	A
A	F	L	O	A	T	■	M	I	R	R	O	R
W	I	P	E	■	O	W	E	N	■	S	E	N
■	■	■	M	A	X	I	■	G	E	T	■	■
A	P	T	■	D	I	N	S	■	V	E	A	L
N	E	W	T	O	N	S	C	R	A	D	L	E
A	G	I	O	■	G	O	R	E	■	S	E	A
■	■	N	O	B	■	M	A	M	A	■	■	■
I	L	K	■	I	D	E	M	■	N	I	G	H
S	O	I	G	N	E	■	B	E	G	O	N	E
I	C	E	A	G	E	■	L	E	E	W	A	Y
S	I	S	T	E	R	■	E	C	L	A	T	■

4	7	3	8	5	6	1	9	2
5	6	2	9	7	1	3	4	8
1	8	9	3	2	4	5	6	7
7	1	4	5	6	8	9	2	3
2	3	6	4	9	7	8	1	5
8	9	5	1	3	2	6	7	4
9	4	8	7	1	5	2	3	6
3	2	7	6	8	9	4	5	1
6	5	1	2	4	3	7	8	9

Answers will be published next week.
See highlandscurrent.org/puzzle for interactive versions.

The HIGHLANDS Current

Independence Day festivities in Philipstown last weekend included a concert at Boscobel and the Cold Spring parade and special contests. See Pages 1 and 13 for more.

Photos by Ross Cosair